



Bicycling for Women, Gale Bernhardt, VeloPress, 2008, 1934030287, 9781934030288, 304 pages. Gale Bernhardt has been instructing and coaching athletes since 1974. In this book she shows women cyclists how to select and customize their bikes, design an optimal-performance plan, and meet their riding goals. She includes important information about women's health and nutritional needs, and tips to make cycling more comfortable..

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Bicycle The History, David V. Herlihy, 2004, History, 470 pages. The nineteenth century's "mechanical horse" offered an exciting new world of transportation for all and ushered in an era of changes that resonates to the present day, changes

Training Plans for Cyclists Road Cycling and Mountain Biking, Gale Bernhardt, Jun 16, 2009, , 274 pages. A master coach counsels beginning and intermediate athletes on how to train for charity rides, multiday tours, and team cycling competitions, in a guide that provides seventeen

Bicycling Magazine's Cycling for Women Savvy Advice from the Sport's Leading Women Writers, Ed Pavelka, Nov 1, 1999, , 121 pages. Advises women how to select comfortable clothing and gear, lose weight by combining cycling with healthy eating, and make roadside repairs, and offers tips on touring.

Your First Triathlon , Joe Friel, May 19, 2006, , 223 pages. A practical guide for aspiring triathletes by the author of The Triathlete's Training Bible outlines a twelve-week training course that encompasses five active training hours

South light a journey to the last continent, Michael Parfit, 1985, History, 306 pages. The author describes his experiences during a year-long visit to Antarctica and shares his observations on the land and the scientific and military personnel stationed there.

The Heart Rate Monitor Book for Outdoor and Indoor Cyclists A Heart Zone Training Program, Sally Edwards, Sally Reed, Jun 1, 2002, , 275 pages. Two fitness experts team up to show cyclists how to optimize training by incorporating heart rate monitoring into their workouts. Provided are 25 workouts at three training

Advanced Mountain Biking , Derek Purdy, 1994, , 160 pages. .

Racing Weight Quick Start Guide A 4-WeekWeight-Loss Plan for Endurance Athletes, Matt Fitzgerald, Dec 31, 2010, , 277 pages. Fitzgerald provides a detailed set of weight-loss training plans that allow you to lose weight quickly. You'll follow a schedule of high-intensity workouts and strength

My Plans for a Second Term , Bill Clinton, 1995, Biography & Autobiography, 112 pages. .

A Victorian Cyclist - Rambling Through Kent in 1886 , Stephen Channing, Shirley Channing, Dec 1, 2011, , 300 pages. Bicycles are so much a part of everyday life nowadays, it can be surprising to realize that for the late Victorians these "velocipedes" were a novelty disparaged as being

Maximum Performance for Cyclists The Physiology of Training, Michael J Ross, MD MD, Apr 30, 2005, , 211 pages. In cycling, the changes the body undergoes while training is called the training effect. This book, written by a race physician and licensed United States Cycling Federation

